January 26, 2023

Land Park News

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Locals talk about New Year's resolutions

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Soroptimist International of Sacramento celebrates 100 years of community service

By Pat McConahay and Lance Armstrong

This year, Soroptimist International of Sacramento (SIS) is celebrating its 100th anniversary.

Soroptimist volunteers throughout the world have a mission to provide women and girls with access to the education and training they need to achieve economic empowerment.

The word, Soroptimist, is a combination of "soror," the Latin word for "sister," and "optima," the Latin word for "best." Soroptimist can be interpreted as "the best for women."

The Soroptimist movement began with the creation of its first chapter, which was officially chartered in Oakland as Soroptimist Club, Inc. on Sept. 26, 1921. Its original members consisted of about 80 Oakland area business and professional women.

An installation dinner for that new organization was held in the Ivy Room of the Hotel Oakland on Oct. 3, 1921.

The original chapter is recognized today as the "founder club," and has also been called the "mother club."

In the first constitution of the Oakland club, which was initially led by its founding president, Violet Richardson, the purpose of that club was described as follows:

"To foster the spirit of service as the basis of all worthy enterprises, and to increase the efficiency by its members in the pursuit of their occupations by broadening their interest in the social, business and civic affairs of the community through an association of women representing different occupations."



Photos courtesy of Soroptimist International of Sacramento

Soroptimist International of Sacramento Christmas party, 1949.

Soroptimist International of Sacramento has the distinction of being one of the oldest Soroptimist

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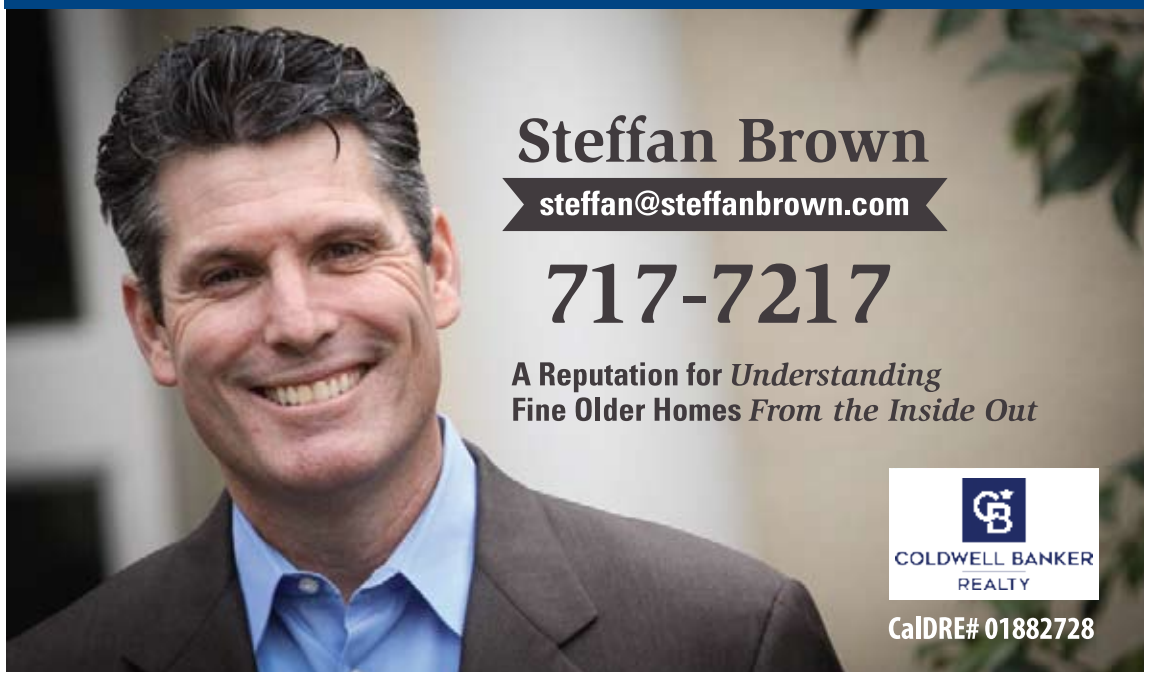
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Locals talk about New Year's resolutions

By Lance Armstrong
vcneditor@gmail.com

With less than one month gone since the 2023 calendar became effective, the Land Park News toured Land Park neighborhood streets to find out how locals and visitors of the area have fared on their New Year's resolutions, or if they even made any resolutions for this new year.

On the first stop of that tour, Arnold Zuniga took time out from his yardwork to address the topic of New Year's resolutions.

Zuniga mentioned that he had not made a resolution for 2023.

"I seem to be doing OK the way I am," he said. "(His resolutions in the past have been) weight loss and whatnot. But I think I've accomplished that, so I don't have to make that again."

Zuniga shared his approach to keeping a thin waistline.

"I don't push away (from more caloric and sugary foods) that much. I just use it. Well, I mean, if you eat it, you've got to work it out. You've got to be out here doing this kind of stuff (like yardwork)."

A short distance from Zuniga's home was a woman who was in the act of working on her New Year's resolution.

While taking a walk, the woman, who requested not to be identified by name, spoke about her goal of losing weight in the new year.



Photos by Lance Armstrong
Land Park resident Robert Share noted that he is currently working on his goal of not eating late at night and refraining from eating a lot of unhealthy, sugary snacks.

"Last year, I wanted to lose weight and then I didn't do it, so this year I promised myself this time I will," she said.

To accomplish her goal, she takes an hourlong walk with her dog every day, and eats less each day than she generally did on a daily basis last year.

"Usually, I wouldn't be doing this (walking)," she said. "I would just be ordering (food through the online food ordering and food delivery platform), DoorDash, and eating a lot. But I don't want to do that anymore, because it's hard for me to do things and stuff. I'm trying to make better choices this year and not be as tired and miserable."

The Land Park News next encountered Land Park resident Cathy Horiuchi, who was heading home by foot with a bag full of groceries.

Horiuchi noted that she enjoys trying to improve herself by making New Year's resolutions.

She added that her resolutions are not of the typical variety, and that her resolution for this year is not an exception.

"(Her 2023 resolution is) to not give any unsolicited advice," she said. "I get a lot of it and I've decided I don't really like it. I think people, as they get more experience, they think they have something to say to everybody. I've decided I'm not going to tell anybody anything unless they ask for it."

Horiuchi noted that her resolution extends to her home life.

"I have some young adults at home, and I don't want to tell them how to live their (lives)," she said. "The world is different now than when I was a kid, and I'm just going to let them figure it out. And if they want to know, they have to ask."

Another Land Park resident, Casey Reeve, mentioned that he has two resolutions for 2023.

"I want to get out and exercise more and also travel around and visit more friends and family around (the) U.S.," he said.

Reeve, who was on a walk with his dog, Halen, spoke about the status of his health-oriented resolution thus far.

See RESOLUTIONS on page 4



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LAND PARK
Adorable Land Park home with Art Deco features. Living room features a lovely fireplace with Deco design, wood floors, large picture window and two additional windows that allow light to filter into the spacious room. Open archway to formal dining room with double windows and wood floors. Kitchen has white tiled counters with blue tile accents, dishwasher, stove, refrigerator and breakfast area. Laundry area is behind louvered doors. Spacious bedrooms, wood floors and ceiling fans. Many dual paned windows throughout and central heat and air. Landscaped front yard and covered porch entry. Backyard has a larger patio for outdoor dining. Separate detached garage. One-and one-half blocks distance to Chocolate Fish, Marie's Donuts, Freeport Bakery, Taylors Market and Transportation. Don't miss this Cutie! 1765 Vallejo Way



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Resolutions:

Continued from page 3

"So far, I've been able to get out and exercise, but with the rain lately, it's been a hard thing to do," he said. "Hopefully, I can start getting to the gym more and start getting out and exercising more. But days like today really help, because, you know, walking. And it's just good to get exercise and feel like normal and better."

Reeve added that making New Year's resolutions for himself is not something that has been a tradition in his life.

"I've really never been big into resolutions," he said. "It's just something kind of recent for the new year, and makes you kind of like think what do I really want to focus on this year. So, this year, I want to focus on my health and just getting out and exploring more."

After spending time in residential neighborhoods of Land Park, this paper next headed to William Land Park.



Land Park resident Cathy Horiuchi noted that her resolutions are not of the typical variety.



Land Park resident Casey Reeve is shown with his dog, Halen. Reeve mentioned that he has two resolutions for 2023.

While walking just north of the Sacramento Zoo with her dog, Big Boy, Velda Gibson mentioned that she did not make a resolution for 2023.

"Why make a resolution?" she asked. "You might not keep it. People say they want to lose weight, but they don't want to stick with it. That's the main thing that people say they're going to do."

During Gibson's interview with this paper, another walker stopped to speak about her New Year's resolution.

"It's the same every year – just trying to improve our health, because that is the foundation of anything that we do," said this person, who requested that her identity remain anonymous. "And (it is important to be) building upon that every year. I'm constantly working on it."

While standing in his front yard, near the park, Robert Share noted that he is currently working on his goal of not eating late at night and refraining from eating a lot of unhealthy, sugary snacks.

"I'm a big sugar snack (eater)," he said. "What I do is almost every meal, except breakfast, I want something sweet. Yeah, and it's a habit. It's not like, 'Oh, I'm so hungry.' I'm just so used to doing it. So, it's like, 'Put the bag of Oreos back, or don't buy them next time.'

"I kind of eat whatever I want to eat. It doesn't mean that it's healthy by any means. So, (while) I really didn't make a resolution this year, I am decreasing the sugar."

Once again at William Land Park, the Land Park News met Tom Bishop, a native of New Zealand.

Bishop, who did not make a resolution for 2023, provided the following advice.

"Make (resolutions) when you want to make them," he said. "Don't make them just for New Year's."

Grace Freitas, a charter bus driver, spent time with the Land Park News while her passengers from Bakersfield visited the zoo.

Freitas told this paper that

See RESOLUTIONS on page 6





Photo courtesy of Front Street Animal Shelter

'Please adopt me'

Kobe the dog seeks new home

"Hello, my name is Kobe. It is not a coincidence that staff at the Front Street Animal Shelter at 2127 Front St. named me Kobe. I have been reported to be able to jump 6-foot fences with ease. My previous foster said they had never seen anything like it.

I will need a home that knows my ability to escape and is willing to work with me. I may not want to jump fences as much once I get comfortable with you, but I will need time to adjust. In the meantime, I will shower you with kisses and big smiles.

I have done well with dogs here at the shelter. With a slow introduction, I may do well with another friendly dog.

I have very good manners in my kennel. I walk well on a leash and I don't react to other dogs. I will follow wherever you lead.

I have a history of finding cats too interesting, so a home without them is best for me. I like treats and I take them very gently.

I also like to chase toys and I am learning to bring them back and drop them. I know how to sit and I am learning to stay. I love attention and cuddles, and back rubs are the way to my heart. If you are interested in a friendly, handsome boy with serious hops, take me home today.

To meet me, make sure I'm still available at www.FrontStreetShelter.org, then ask for me at the shelter from noon to 5 p.m. seven days a week."

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Resolutions:

Continued from page 4

she made a New Year's resolution.

"It has to do with losing weight, my health and trying to make the world a better place for my grandkids and great-grandkids for when I'm not here," she said. "I've done a lot of community service, like with Kiwanis and the women's club. And, you know, you do volunteer work and you get money to help with scholarships and you talk to the children.

"You try to show them the difference, because there's a lot of children. They only know what they're taught, so you've got to give them positive. You know what I mean? You've got to tell them when you fall down, get back up."

While heading to the zoo with her husband and children, South Land Park resident Ariele Rodriguez shared one of her memories regarding New Year's resolutions.

"The Chinese fortune cookie, on a paper that size, you write down your wish for the new year and you tape it to a big bowl of water, so that the wishes are facing inward," she said.

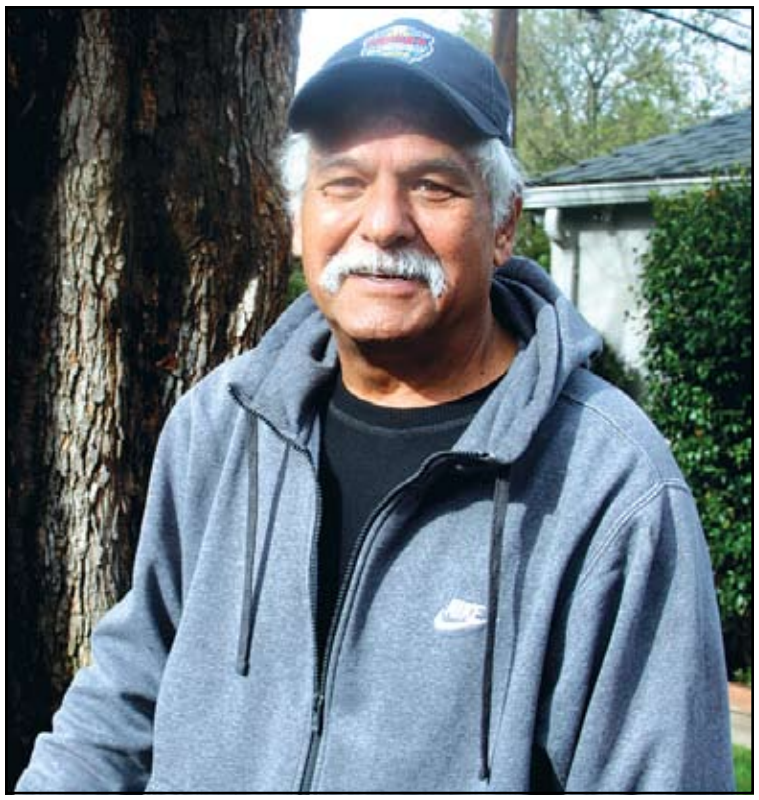
"My grandma would take half of a walnut shell and then feed a little like birthday candle in it, and then set it on the water. And then it would light fire to the wishes, sort of like putting it out into the universe."



Grace Freitas, a charter bus driver, made a New Year's resolution to improve her health and try to make the world a better place for her grandchildren and great-grandchildren.

Oak Park resident Guphy Gustafson, an avid reader,

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Land Park resident Arnold Zuniga said that although he does not have a New Year's resolution this year, he has had success with his past New Year's resolutions.

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Resolutions:

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explained that she made an unusual New Year's resolution for 2023.

"This is so weird, but it was to read less books," she said. "I love reading, but sometimes I (feel) like I don't get as much done with my life, and I get stressed out towards the end of the year about like trying to finish 50 books.

"And it takes up a lot of my time. So, maybe I even finish reading books I don't want to. So, now I'm just trying to make it more pleasurable and less stress around reading."



Guphy Gustafson and her friend, Gina Disney (holding her dog, Hank) were among those who spoke to the Land Park News about New Year's resolutions.

Gustafson's friend, Gina Disney, who also lives in Oak Park, mentioned that she has not yet gained the confidence to make a New Year's resolution.

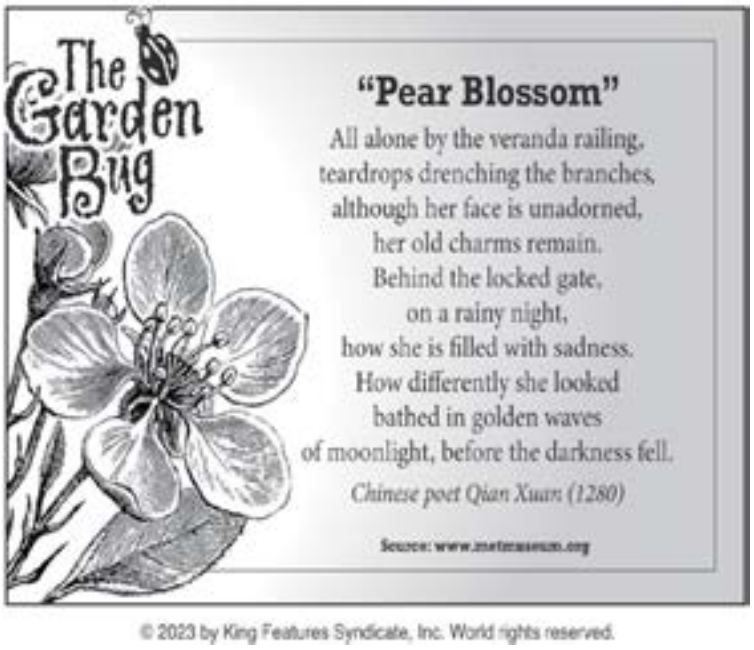
"I never really make resolutions, because I feel like I'm setting myself up for failure, because I have no faith in myself (to follow through with those resolutions)," she said.

However, Disney added that her statement should not be an indication that she does not accomplish goals in her life.

"We did a vertical mile climbing," she said. "That's what we did last year."



Velda Gibson, pictured with her dog, Big Boy, mentioned that she did not make a resolution for 2023. 'Why make a resolution?' she asked. 'You might not keep it.'



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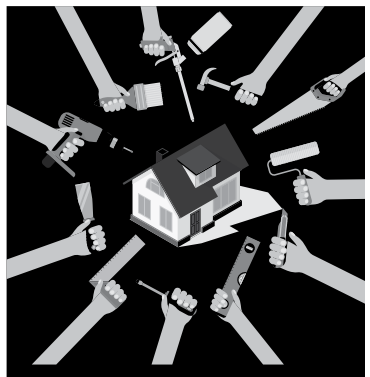
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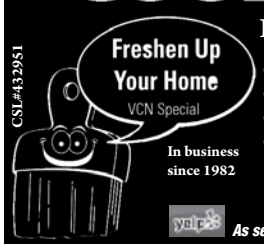
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Soroptimist:

Continued from page 2

timist chapters in the world.

An early reference to Soroptimist presence in Sacramento was recorded in the Sept. 23, 1922 edition of The Sacramento Bee.

"Mrs. Helena M. Gamble of Oakland is in Sacramento organizing a local branch of the Soroptimist Club," notes an article in that edition. "Mrs. Gamble is the state organizer for the club."

At the time that this Bee article was published, there were only three Soroptimist chapters, with the other chapters, besides Oakland, being located in San Francisco and Los Angeles. Another chapter was then in the process of being established in Washington, D.C.

The inaugural Soroptimist meeting in Sacramento was held on Oct. 27, 1922 in the Tapestry Room of the Hotel Sacramento at 10th and K streets. It marked the first of this local organization's weekly luncheons.

Included in the program for that initial meeting was a speech by Richardson, and vocal performances by Irma Randolph of Oakland.

The Hotel Sacramento was also the site of a special banquet on March 2, 1923, in which then-recently elected officers were installed by Richardson.

Those officers were Winifred Louthain, president; Pearl Atkinson, vice president; Lula Adams, treasurer; and Emilie Connelly, secretary.

Among the special guests in attendance at the banquet were Gov. Friend W. Richardson and California first lady Augusta (Felder) Richardson, and Sacramento Mayor Albert Elkus and his wife, Cordelia (DeYoung) Elkus.

Charter members of the Sacramento chapter came from such diverse fields as law, engraving and growing olives.

During this local organization's first few decades, it funded a wide range of community projects, including trees for Sacramento, a station wagon for Easterseals, laying the YWCA cornerstone at 1122 17th St., and contributing to boys and girls clubs.

"We evolved from being a women's service organization, supporting many different causes, to focusing on issues related to women and girls," said Idelle Claypool, who served as SIS president in 2015. "This not only allowed us to take on some critical issues, but it also gave the organization a specific identity."

Soroptimist International of Sacramento celebrated its 50th anniversary with a gathering at the Elks Building at 11th and J streets on March 23, 1973.

The event, titled "A Day to Remember," included a choral group performing music from 1923 to 1973.

Chairing the program was Carolyn Johnson, and special guests included Sacramento City Council Member Anne Rudin and Sacramento County Supervisor Sandra Smoley.

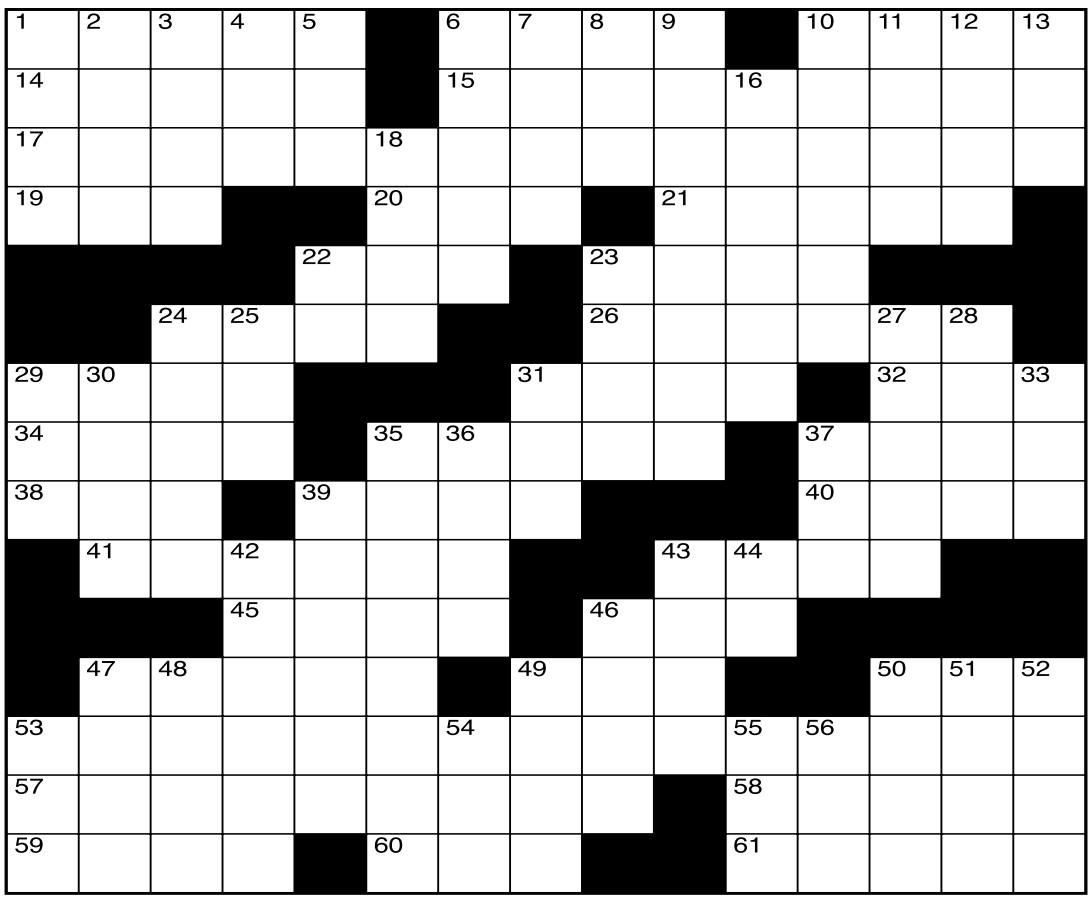
Many recipients of the services of local Soroptimists have expressed appreciation for the assistance they received.

One such recipient was Shelby Scott, who received an SIS scholarship that led to her earning a bachelor's degree in women's and gender studies at California State University, Sacramento.

"The scholarship gave me hope – the hope that I could complete my education and be able to support myself and my child," Scott said. "The scholarship not only covered some school materials, it helped me pay basic bills for my daughter and me, so I could concentrate on school."

See SOROPTIMIST on page 11

CROSSWORD

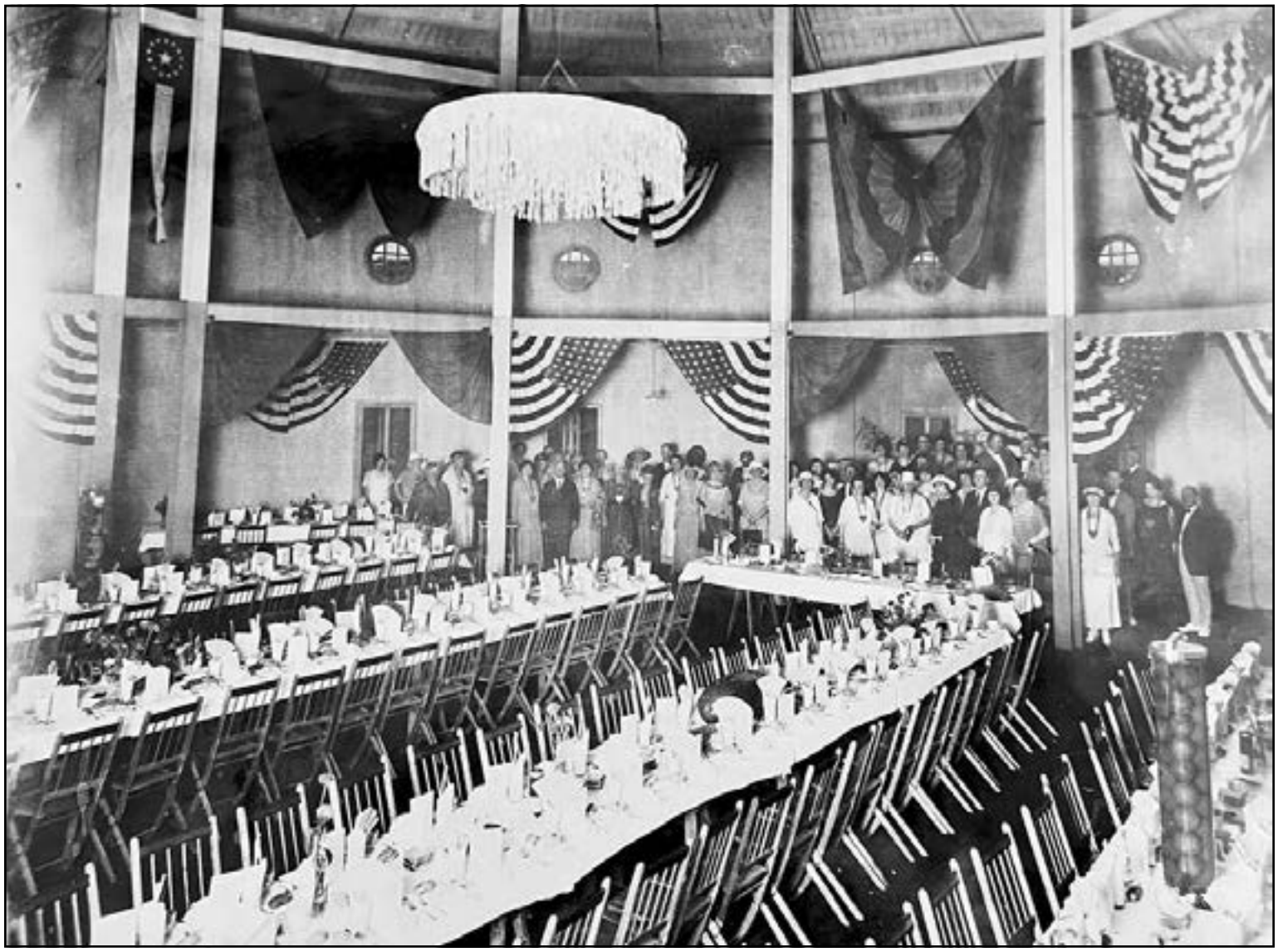


CLUES ACROSS
1. Not invited
6. Whale ship captain
10. One point south of southwest
14. Small cavity in a rock
15. Recidivists
17. City of Angels hoopster
19. A way to mark with one's signature
20. OJ trial judge
21. Rice cooked in broth
22. One point east of due south
23. One point east of southeast
24. Complements an entree
26. Grouped by twos
29. Disfigure
31. Woods
32. Political action committee
34. Longer of 2 bones in the forearm
35. Kin groups
37. Philippine Island
38. Contrary to
39. Bluish-gray fur
40. Comprehend the written word
41. Natural depressions
43. Felines
45. Breathe noisily
46. Taxi
47. Pancake made from buckwheat flour
49. Swiss river
50. Foot (Latin)
53. Have surgery
57. Formal withdrawal
58. Monetary units of Peru
59. Greek war god
60. 2,000 lbs.
61. High points

CLUES DOWN
1. Green and yellow citrus fruit
2. A bright color
3. Thicket
4. Journalist Tarbell
5. A place to work or relax
6. Sharp mountain ridge
7. Helicopter
8. Mimic
9. Suggests
10. More musty
11. Large, flightless rail
12. Make beer
13. Soviet Socialist Republic
16. People who can account for you
18. Taunt
22. South Dakota
23. Cover the entirety of
24. Kids' favorite visitor
25. A way to save for retirement
27. Fencing swords
28. C. China mountain range
29. Type of sandwich
30. Team
31. Paddle
33. Partly digested food
35. Most cagey
36. Shoppers make one
37. Cathode-ray tube
39. Food supplies
42. Backbones
43. Concern
44. Blood group
46. Broadway songwriter Sammy
47. Dutch colonist
48. Full-grown pike fish
49. Deity of a monotheistic cult
50. Type of bread
51. S. Nigerian people
52. Scottish tax
53. Young women's association
54. Brazilian city
55. Hide of a young animal
56. Midway between north and northeast

Soroptimist:

Continued from page 10



Pictured is a historic scene from the local Soroptimist club's annual California State Fair dinner.

Today, Scott works with a program that helps youth with literacy and how to advocate for themselves.

SIS disperses about $20,000 annually to women, so they can continue their education.

The "Dream Scholarship" is one of several programs the Sacramento chapter participates in as part of the global volunteer organization.

Soroptimists are dedicated to helping women and girls overcome challenges by pursuing education and training, so they can successfully support themselves and, in some cases, their families.

"We're proud of our mission to educate women and girls, because through education they are less vulnerable to sex traffickers, more likely to leave a domestic violence situation, and less likely to live in poverty," said SIS President Karen Smith.

That is certainly true for Nicole Openshaw, who benefitted from another Soroptimist International of Sacramento program, called the "Live Your Dream" awards.

"For the first time, I felt recognized for the individual that I am, despite what I've gone through," Openshaw said.

When Openshaw received a nearly $5,000 grant, she and her daughter, who is a preschool student, were living in a shelter for women escaping sex trafficking and domestic violence.

The "Live Your Dream" award allows women, like Openshaw, who are the heads of their households, to pursue a college degree or complete a technical training program.

They may use the funds in any way that helps them achieve their educational goals – whether it is to pay for tuition, rent or child care.

Openshaw was able to buy a car to get to and from Sacramento City College, where she was studying sociology. She could also drive her daughter to school.

Today, Openshaw has stable housing and is the program coordinator for the Inter-Tribal Council of California's sexual assault program.

This year, six women will share $12,000 in cash grants.

SIS also created "Dream It, Be It," a career mentoring, life skills program. It serves students at the Sacramento Academic and Vocational Academy, a charter, alternative high school in Sacramento.

The program includes the SIS chapter-developed money management course, "Money Matters." "We teach young women how to handle their money, so it goes farther and lasts longer," said Nancy Wolford-Landers, who helps conduct the classes.

A student, who identified herself only as Maria, mentioned that the course has helped her to better manage her personal finances.

"Before I took this class, if I had money left at the end of the month, I would spend it going out to dinner," she said. "Now I put it in my rainy-day fund, and I have saved more than $700."

Another student, Angela, also spoke about how the course helped her manage her money.

"I learned the difference between a need and a want," she said. "Now I only spend my money on needs."

Soroptimist International of Sacramento also gives out additional grants to support community organizations aligned with the Soroptimist mission, like Wellspring Women's Center and My Sister's House.

SIS President-elect Nilda Valmores expressed pride in her association with this historic, local Soroptimist chapter.

"I'm proud of being part of an organization that has done so much for Sacramento over the last 100 years – especially what we've done to empower women and girls from underserved communities," she said. "We're excited to do even more as we embark on our next 100 (years)."

Soroptimist International of Sacramento will celebrate its centennial anniversary with a dinner at the Dante Club, 2330 Fair Oaks Blvd., on March 4 at 5 p.m.

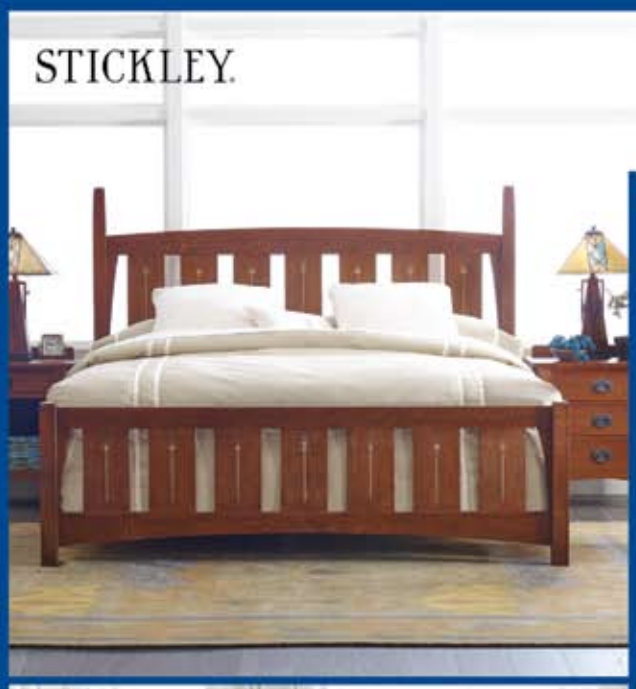
Tickets are $100 per person and can be purchased through SIS.

For additional information, visit the website, www.SoroptimistSacramento.com.

Puzzle Solutions

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